



Lunch



Starters

TRUFFLE or OLD BAY® FRIES

Shoestring fries tossed with truffle oil, Parmesan cheese, and parsley or choose Old Bay® seasoning with a drizzle of housemade malt vinegar aioli \$6

SEARED TUNA

Sushi grade ahi, seared rare, topped with our house remoulade with sides of thinly sliced marinated cucumber, melon salsa and dressed greens \$14

BRUSCHETTA

Toasted rustic bread topped with garlic marinated tomatoes, fresh basil, olive oil, and balsamic reduction \$10

Add melted mozzarella cheese...\$1

HOUSEMADE MEATBALLS

Two large meatballs in tomato sauce, topped with melted mozzarella cheese and served with rustic garlic toast \$9

QUICHE of the DAY Made from scratch and served with balsamic dressed greens.....\$15

Salads

LOBSTER CAKE

Our popular housemade cake comes grilled and served on a bed of mixed greens, grapes and oranges, dressed with our citrus vinaigrette and topped with melon salsa.....\$16

CAESAR

Crisp romaine lettuce tossed with house Caesar dressing, our own seasoned croutons, and topped with Parmesan cheese \$10
add white anchovies...\$2

McGREGOR

Mixed greens, tomatoes, cucumbers, carrots, and oranges with house balsamic vinaigrette topped with blue cheese crumbles.....\$12

QUINOA & KALE POWERHOUSE

Quinoa, baby kale, edamame, young green chick peas, cherry tomatoes, cucumbers, mint, feta and citrus vinaigrette\$13

GREEK

Romaine lettuce, beets, cucumbers, tomatoes, Kalamata olives, red onion, peperoncini, and feta cheese with our Greek-style dressing\$12

MEDITERRANEAN TUNA

Our take on the classic niçoise features chunks of albacore tuna, cherry tomatoes, potato, green beans, black olives, and hard-boiled egg on mixed greens with house herbed vinaigrette\$15 *Sub ahi tuna/salmon\$18*

BABY SPINACH

Spinach, mushrooms, red onion, hard-boiled egg, crispy bacon, pecans, tomatoes, honey mustard dressing.....\$13

CHICKEN or TUNA SALAD

A scoop of diced chicken breast, celery, grapes, pecans, and mayonnaise, or albacore tuna with celery, onion, and mayonnaise. Served with a slice of pound cake and seasonal fruit\$13

ADDITIONS

Blackened or grilled: chicken breast\$6 | salmon or shrimp\$8
seared ahi\$9 | lobster cake or fish of the day\$10

DRESSINGS

Balsamic Vinaigrette, Blue Cheese, Caesar, Citrus Vinaigrette, Greek, Honey Mustard, Mediterranean Herb, Ranch, 1,000 Island

Extra dressing 2oz...\$0.5 4oz...\$1

PICK TWO Choose a half sandwich, accompanied by either our soup or salad options. *No substitutions please...\$10*

HALF SANDWICH

BLT, or chicken or tuna salad, on white, wheat, or rye bread
gluten-free bread add \$2

CUP of SOUP

Choose one of our scratch made soups of the day

SIDE SALAD

Baby Greens cherry tomatoes, shaved parmesan, housemade citrus dressing

Caesar romaine lettuce, croutons, parmesan, and housemade Caesar dressing

McGregor Mix tomatoes, cucumbers, carrots, and oranges, blue cheese crumbles, house balsamic dressing

Sandwiches Include housemade chips and dill pickle. Substitute fries, potato salad, balsamic greens, or fruit...\$1.5
GF bun or toast available...\$2

FRENCH DIP 1/2 pound of housemade roast beef, serv
cold on toasted baguette and melted provolone cheese,
with a side of hot au jus for dipping.....\$15

PHILLY CHEESESTEAK Thinly sliced ribeye served with
sauteed mushrooms, onions and peppers on our French
bread sub with choice of cheese\$15

REUBEN Housemade corned beef or turkey, Swiss cheese,
sauerkraut, and 1000 Island dressing on grilled rye.....\$12

JUICY BURGER 1/2 pound of ground beef cooked to
order and served with lettuce, tomato, and red onion on
brioche roll\$12

Add: American, cheddar, provolone, or Swiss cheese ...\$1
blue cheese...\$2 | bacon...\$2 | sautéed mushrooms...\$1
Sub vegetarian patty...add \$2 V

HOT CHICK Grilled or blackened chicken breast served
with lettuce, tomato, and onion on brioche roll\$11

Add: American, cheddar, provolone, or Swiss cheese...\$1
bacon...\$2

TURKEY CLUB Turkey breast roasted in house, stacked
with crispy bacon, lettuce, tomato, and mayonnaise on
white toast.....\$12

WILD THING Thinly sliced house roast beef, herbed garlic
cream cheese spread, lettuce, and red onion served
on a buttery croissant\$12

TUNA MELT White albacore tuna salad, sliced tomato,
melted Swiss cheese, served warm on grilled rye.....\$12

LUCKY 13 Grilled turkey patty, swiss cheese, lettuce,
caramelized onions, and house joppiesaus (curried mayo)
on brioche bun.....\$13

VEGGIE PHILLY Grilled eggplant, zucchini, mushrooms,
onions and peppers, served on a French bread sub with
herbed cream cheese spread, choice of cheese, and
balsamic reduction.....\$12 V

McGREGOR CATCH Fish of the day, grilled or blackened,
topped with our housemade relish and served on a brioche
rollMarket Price

PATTY MELT 1/2 pound of ground beef cooked to order and
covered with sauteed onions, Swiss cheese, and 1000 Island
dressing on grilled rye\$13

Sub vegetarian patty...add \$2 V

CHICKEN CAESAR WRAP Blackened chicken breast,
romaine lettuce and tomato tossed with house Caesar
dressing and wrapped in a flour tortilla.....\$11

Add bacon...\$2

LITTLE ITALY Sopressata salami, capocola, mortadella,
provolone, with mixed greens, housemade pickled red
onions and citrus vinaigrette, served cold or grilled on
a sub roll\$13

CHICKEN or TUNA SALAD Always housemade and served
with lettuce and tomato on a buttery croissant\$11

BLT Crispy bacon, lettuce, tomato, and mayonnaise served
on white toast.....\$10

CREATE your own PASTA Served with rustic garlic toast

Choice of: Fettuccine, spaghetti, or penne
Gluten-free fettuccine.....add \$2

Choice of sauce: Alfredo.....\$12 V Basil Pesto.....\$12 V
Bolognese.....\$14 Tomato.....\$10 V

Add: One meatball.....\$4
Chicken breast.....\$6
Salmon or shrimp.....\$8
Fish of the day\$10
Peppers, mushrooms, or spinach\$1 ea

Sides

SOUP of the DAY

Cup.....\$4 Bowl.....\$6

SIDE SALAD

Baby Greens, Caesar, or McGregor.....\$6

FRESH FRUIT

Fruit plate with cottage cheese and pound cake.....\$9

FRENCH FRIES.....\$3

POTATO SALAD.....\$4

HOUSEMADE CHIPS\$3

PICKLED ONIONS.....\$2

Beverages

SOFT DRINKS\$3

BOTTLED WATER (still or sparkling).....\$3.50

DR. BROWN'S® (ask server for flavors).....\$3

ICED TEA or ICED COFFEE\$3

JUICE (apple, cranberry, orange, V8®)\$3

HOT COFFEE or TEA.....\$3

ESPRESSO / DOUBLE ESPRESSO\$3/\$5

CAPPUCCINO.....\$4

MILK / CHOCOLATE MILK / HOT CHOCOLATE\$3

We are proud to offer scratch made items prepared to order

REAL FOOD TAKES TIME - ALLOW A FEW EXTRA MINUTES FOR YOUR FOOD TO ARRIVE

PLEASE NOTE, THERE IS A \$3 SHARE CHARGE

Warning: Consuming raw or undercooked meats, poultry, seafood, or eggs, increases the risk of foodborne illness.

We are unable to guarantee that any of our menu items are completely free of allergens.

20% gratuity is automatically added to parties of 6 or more.